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In defence of Pumpkin Spice

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Your essential daily news | TUESDAY, OCTOBER 25, 2016

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Union wants new chief to cut officers' overtime and

Stop the burnout

Stephanie Taylor
Metro | Winnipeg

Winnipeg's new police chief is no stranger to the city.

So the police union boss is hoping Danny Smyth will be onside with issues like burnout and "extraordinary" overtime hours in the force.

"Our members are working an extraordinary amount of overtime, which leads to burnout, which leads to fatigue and overwork," said Mo Sabourin, president of the Winnipeg Police Association.

On Monday, Winnipeg Police Board chairman Coun. Scott Gillingham (St. James- Brooklands) announced deputy chief Smyth as the new top police brass.

"Danny Smyth is no stranger to our city," Gillingham told the room of police brass and city officials.

"His face, his voice, are familiar to our community."

Smyth, who is a born-and-bred Winnipegger, currently heads up investigative services.

He's done media interviews, but admitted he felt nervous when taking the mic to deliver his few brief remarks.

"I've served this community for over 30 years and I've seen a lot of change in those 30 years," he read from a prepared statement. He said the department has transitioned from a traditional reactive model of policing to one that is better engaged with the community and intelligence-led.

Smyth underlined his decades of experience in the force, where he's worked in uniform operations and in covert investigations in both the vice and surveillance units.

According to a handout from the city, Smyth has a master's degree in organizational management and is a former faculty member in the criminal justice department at the University of Winnipeg.

"I expect that I'll have a lot more to say in the coming days and weeks, but I got to say for now I really just kind of want to enjoy the moment with my friends and family and my colleagues," Smyth said.

"I'm ready to lead the service where it needs to go."

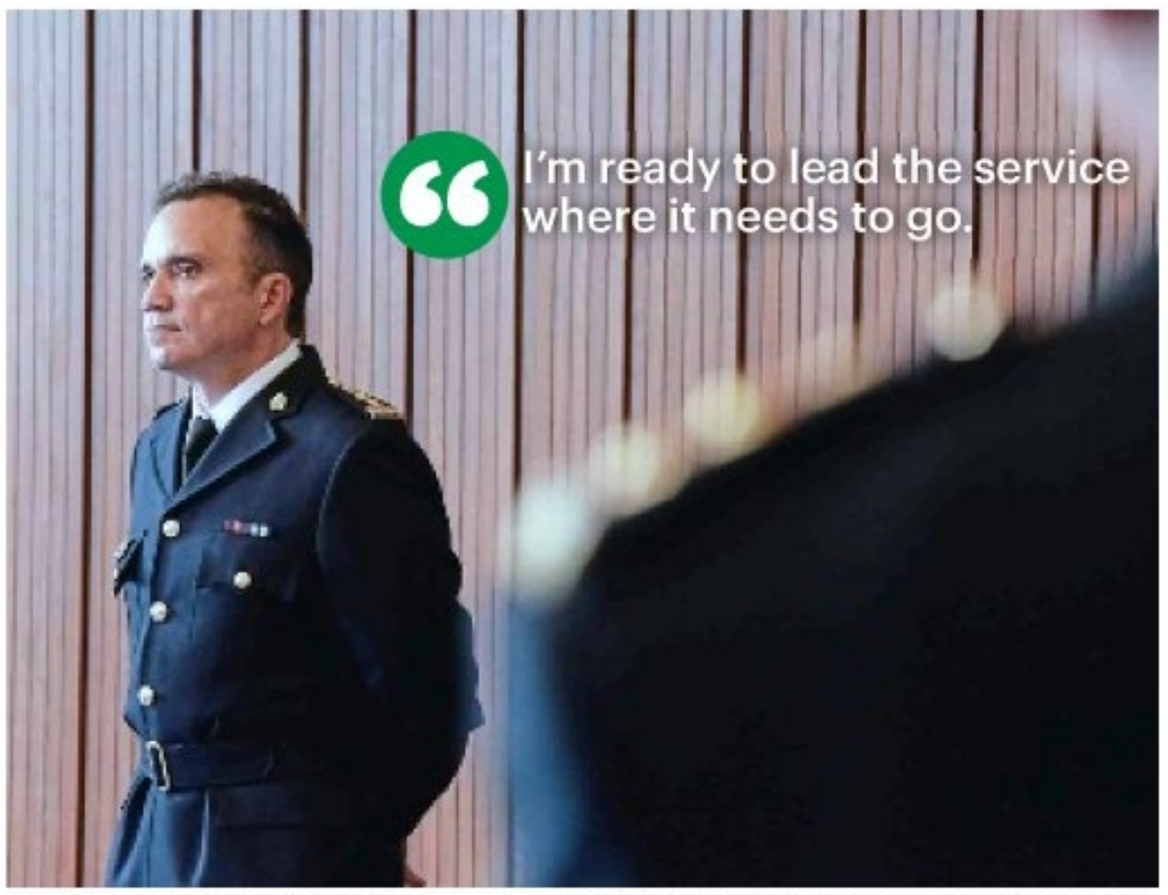
Under his leadership, he said, the service would strike a balance between community engagement and responding to emergencies against a backdrop of "fiscal restraint."

"Certainly there are things that we will explore that could be things like restructuring, better overtime management," Smyth told reporters.

Sabourin expressed an openness to seeing a reorganization take place, especially if it helps cut down on overtime.

Like his predecessor, former chief Devon Clunis who retired in July, Smyth said on Monday he believes community engagement is "vital."

The city's police board will accept Smyth's nomination at its meeting Nov. 4. He will be publicly sworn in Nov. 8.



New police Chief Danny Smyth addresses the media at city hall Monday. LYLE STAFFORD/FOR METRO

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See Page 5
FOR THIS WEEK'S EXCLUSIVE OFFERS!

App knows snow zones

TECHNOLOGY

City's version includes snow clearing info in real time

Stephanie Taylor
Metro | Winnipeg

Ken Allen, a communications officers in the public works department, demonstrates how **the city's newly released Know Your Zone app** works on Monday. STEPHANIE TAYLOR/METRO

The city is hoping the official launch of a new app will save residents confusion over where they can — and cannot — park during snow bans this winter.

On Monday, the public works committee chairperson, Coun. Janice Lukes (St. Norbert), and Ken Allen, a communications officer from the department, unveiled the long-anticipated Know Your Zone app at the city's East Yards complex.

By plugging in a home or work address, residents will now be able to see which areas of the city are under residential snow clearing bans, Allen said.

Users will receive a message every time the city calls a parking ban.

The app will also allow users to see a colour coded map of which streets are scheduled to be cleared.

For example, red mean those streets are being cleared, amber indicates streets will be cleared in the next 12 hours and blue shows designated snow routes.

Because the city's IT department developed the app, no extra cash or resources were dedicated to its creation, said Allen.

Residents may have waited more than a year for the app, but Allen said the city's version offers more features than what is already on the market.

For example, local mobile software developer James Perih developed a Know Your Zone app over the course of a weekend last winter.

"We really want to commend the person who developed that app on their own last winter for being innovative and definitely identifying that there was a need for the app in the City of Winnipeg," said Allen.

"We do things a bit differently. We don't do it in a weekend, we do it thoroughly," he said, adding the city wanted to include features that would make the app more "robust" and more "user-friendly."

> **They're using some data that they're not giving anyone else.**
> James Perih

Offering the app in both English and French was important and part of the reason for the delay, explained Lukes.

Unlike other versions, the city's app is connected to in-house information on snow removal.

"They're using some data that they're not giving anyone else," said Perih.

Allen said launching the app now makes the most sense in order to give people a chance to download it before the first snowfall and plows hit the road.

Perih said so far, his app has been downloaded 23,000 times.

He plans to take a look at the city's version and make adjustment accordingly.

The city's Know Your Zone app can be downloaded for free on iTunes and Google Play.

INTERNET

Corners a pricey domain

Braeden Jones
Metro | Winnipeg

Portage and Main is an iconic Winnipeg intersection, and apparently also a pricey web domain.

The full suite of web addresses is available for sale on eBay with a starting bid of approximately $33,330 CAD—but the "buy it now" price is listed at $366,630.

The domain's seller is "cityofchampions," which is the nickname of Edmonton, not Winnipeg.

Martin Russell, a resident of Victoria, B.C. and an apparent domain squatter, holds dozens of web addresses including many related to Winnipeg, including: SearchWinnipeg.com, winnerpeg.com, winnipegbusiness.com, and winnipegbusiness.net.

He also holds variations of those same domains for cities like Saskatoon and Edmonton.

Russell was unavailable for comment.

metro NEWS
Your essential daily news
What's the deal with Wallonia? The Belgian region that's stalled EU-Canada trade talks. **Business**

Indigenous heritage honoured

RECONCILIATION

Jets, Oilers recognize Treaty 1 land in ceremony

NHL alumni Wayne Gretzky and Dale Hawerchuk drop the pucks for the ceremonial faceoff between Winnipeg Jets' Blake Wheeler (26) and Edmonton Oilers' Connor McDavid (97) prior to the NHL Heritage Classic, this past Sunday..THE CANADIAN PRESS

As Winnipeg Jets fans make their way to their seats and players prepare to stand on home ice for the national anthem, an announcement fills the downtown arena.

The message — believed to be a first for an NHL team — says the Jets play on Treaty 1 land which consists of "original territories of Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene peoples, and the homeland of the Métis Nation."

It adds that True North Sports and Entertainment, which owns the team and its home arena MTS Centre, is committed to "a spirit of reconciliation."

Acknowledging Canada's colonial history is starting to trickle down to the hockey rink eight years after former prime minister Stephen Harper stood in Parliament to apologize to residential school survivors and almost a year after the release of the Truth and Reconciliation Commission's final report.

Niigaan Sinclair, an assistant professor and head of the native studies department at the University of Manitoba, raised the idea. It's also based on a commission recommendation that organizers of international sporting events involve and respect local indigenous communities.

Reminding crowds of 15,000 or more about indigenous lands is a way to raise public awareness of Canada's past and of the treaty-based relationships between First Nations and others, Sinclair said.

"Every venue where people congregate, every single government in North America, should acknowledge the history of the land they are on, which doesn't begin with the arrival of Europeans or newcomers or immigrants or whatever you want to call them.

"This is a responsibility that every single North American person inherits."

Sinclair approached Jets co-owner Mark Chipman earlier this year about having a pre-game statement about treaty land.

"Mark Chipman just turned to me and said, 'Well, this is the right thing to do,' and ... next thing you know, they did it on the opening night of their season."

Rob Wozny, spokesman for True North, said the team acknowledges Treaty 1 land with a pre-game announcement before every home game.

"Recognizing, respecting and supporting indigenous peoples is important," Wozny wrote in an email.

The Edmonton Oilers made sure to include First Nations communities from Alberta when they opened their new arena this fall. Indigenous leaders were consulted and involved in the ceremonies.

THE CANADIAN PRESS

LOTTERY

Record-breaking 50/50 draw at Heritage Classic rakes in $414K pool

Braeden Jones
Metro | Winnipeg

If the Heritage Classic weekend proved anything about Winnipeg hockey fans, it's that they love a good 50/50 draw.

In fact, they love it so much, they shattered the 50/50 total record — two days in a row.

During the regular season outdoor game at Investors Group Field (IGF) on Sunday, the crowd put a whopping total of $414,070 into the pot.

Not only is that the largest 50/50 total of any hockey game in town, but it also surpasses the high-water mark set during the 2015 Grey Cup at IGF, which was a still-significant $375,495.

The previous day's alumni game was impressive enough: the total 50/50 tally soared to $307,850, surpassing the previous Jets 50/50 record of $182,480 set in December 2013 by a longshot.

The largest 50/50 at IGF during a Bombers game is $226,005, and the average since the stadium opened is $100,566.

But while in each of the Heritage Classic weekend's top-earning games a lucky fan left with a whole pile of money, an equal share went to the Winnipeg Jets True North Foundation, which executive director Dwayne Green couldn't be happier about.

"It allows us to keep doing some amazing work in the community," Green said.

The Winnipeg Jets Hockey Academy, for instance, has more than 650 marginalized youth participating in 25 weeks of hockey training, which Green adds is affiliated with their schools.

The Foundation also runs Project 11, which is a mental health coping skills program for middle-school kids Green says helps "create positive skills to deal with stress or different anxieties."

Proceeds from different fund-raisers, 50/50 included, support Hockey Fights Cancer donations or the Fort McMurray Wildfire relief fund, but Green said "95 per cent of all funds" stay within Manitoba.

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Morneau's views anger millennials

POLITICS

Minister says 'we have to accept' precarious employment

Ryan Tumilty, Metro Ottawa
May Warren, Metro Toronto

Opposition MPs, along with youth and labour advocates are hitting back at federal Finance Minister Bill Morneau for suggesting millennials should get used to working precarious jobs.

Speaking to Liberal Party insiders in Niagara Falls Saturday, Morneau said high turnover and short-term contracts for youth are here to stay and the government should prepare for it.

"How do we train and retrain people as they move from job to job to job? Because it's going to happen. We have to accept that," Morneau said during a question-and-answer session.

Conservative MP Matt Jeneroux said Morneau's comments show the minister is "out of touch with a lot of the younger generation."

NDP MP Niki Ashton, who's been consulting with young people across Canada about employment, said Morneau's remarks were disappointing.

"These comments are arrogant, they're insensitive and they clearly speak to a disconnect between Mr. Morneau and his government and what millennials in Canada are facing," she said.

Morneau's office did not respond to a request by Metro for comment by deadline.

Aliya Bhatia, director of community engagement with the Toronto Youth Cabinet, said acknowledging precarious employment is not enough.

Instead, she said the government must provide better protections for precarious workers.

Insecure work affects more than just millennials, Bhatia said, noting that thousands of workers without benefits or job security will have a negative impact on the nation's finances.

"If the entire economy is depending on people like me to buy a house in a decade, that's not going to happen," she said.

Andrew Cash, a former NDP MP who co-founded the Urban Workers Project, said there's "a ton of work that needs to be done on the government's side to build a stronger floor for all workers to stand on."

"I just think, no worker should get used to the way work is going," Cash said.

Black Power Hour host El Jones in studio at CKDU at Dalhousie University. JEFF HARPER/METRO

FREE EXPRESSION

Inmates find an outlet on radio show

Adina Bresge
For Metro | Halifax

Call-in shows on Dalhousie University's campus radio station have become a creative outlet for an unlikely audience — prisoners.

Inmates are taking to the airwaves to perform poetry and rap on the Black Power Hour, an educational program on CKDU co-hosted by former Halifax poet laureate El Jones. The show focuses on social and cultural issues relevant to black people, but is open all listeners, including those behind bars.

"I think what they have really connected to is the idea that they can have a voice beyond themselves," says Jones. "They have this role in creating something and they take that very seriously."

The poetic platform came about "organically," says Jones, and was largely driven by the prisoners themselves. She says Black Power Hour was spun off of another program on CKDU, Youth Now, at an inmate's request for more historical black content.

One of the first prisoners to call into CKDU was Aiden Cromwell, who is currently awaiting a new trial after his second-degree murder conviction was overturned.

"That concrete jungle is never safe," Cromwell recently rapped on-air. "Gotta know when to pull it — Don't hesitate."

Soon after other inmates heard his performance, Jones says, the phones started lighting up.

In some jails, Jones says, prisoners have formed poetry collectives to prepare their best material for the show. Some pay up to $7 to call into the program, and Jones says inmates have written to her saying they stay on their best behaviour to preserve their radio privileges.

Free expression can be therapeutic for prisoners, Jones says, who use the show to work out issues related to race, gender, love, family, being in prison and the actions that brought them there. Some of her favourite calls came from female prisoners who re-appropriated the machismo of hip hop to tell men "we're not interested."

The process of sending someone to prison can be silencing, Jones says. She says in court, your lawyer speaks for you, but on the radio, you don't "have" to say anything.

"When you do say something, it's because you're making a choice to say what you're saying," Jones says. "I think that can be a really important part of returning people's voices to them."

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Attack kills dozens of police trainees

PAKISTAN

Authorities say group linked to al-Qaida may be responsible

Gunmen stormed a police training centre Monday in Pakistan's restive Baluchistan province and detonated explosive vests, killing at least 41 police trainees, authorities said.

Baluchistan's top health official, Noor Haq Baloch, said at least 106 people were wounded — mostly police trainees and some paramilitary troops.

Major General Sher Afgan, chief of the paramilitary Frontier Corps, told reporters that the attackers appeared to be in contact with handlers in Afghanistan. He said the attacker belonged to the banned Lashker-e-Jhangvi group, an Islamic militant group affiliated with al-Qaida.

Haq said many of the trainees were killed when the gunmen detonated explosive vests.

Baluchistan Home Minister Sarfaraz Bugti said one of the attackers was killed by security forces and two detonated their explosive vests. He said security forces have completed their operation but were still engaged in the cleanup process.

Bugti said at the time of attack about 700 trainees were at the base. He said more than 200 trainees were rescued immediately after the attack.

In Monday night's attack, between four and six gunmen opened fire as they attacked thehostel at the police training centre in a suburban area of the provincial capital of Quetta.

"They were rushing toward our building firing shots so we rushed for safety toward the roof and jumped down in the back to save our lives," one of the police trainees told Geo television. THE ASSOCIATED PRESS

Pakistani volunteers and police officers rush an injured person to a hospital in Quetta, Pakistan on Monday, after gunmen stormed a police training center in the restive southwestern province of Baluchistan. ARSHAD BUTT/THE ASSOCIATED PRESS

MILITANT THREAT

A dilemma for Iraqis near Mosul: Stay or flee

Bayda Muhammad Khalaf followed the government's advice to stay in her home with her husband and seven children as Iraqi troops advanced near their remote village outside militant-held Mosul. But after Daesh fled and Iraqi troops didn't appear, their food supply quickly ran out, and the family had to flee to search for territory firmly under government control.

Khalaf waited until she saw a passing shepherd, and then she and her family made the eight-hour walk out of no man's land behind a herd of sheep.

Eventually, Khalaf couldn't produce enough breast milk for her infant daughter.

Mosul, the largest city controlled by Daesh, is still home to more than 1 million civilians. The government and international aid groups fear that a sudden mass exodus will overwhelm the few camps set up on its outskirts.

More than 5,600 people have already fled, according to the International Organization for Migration.

Camps have been set up to accommodate 60,000 people, but about 200,000 are expected to be displaced in the first weeks of the offensive, according to the Norwegian Refugee Council.

THE ASSOCIATED PRESS

IN BRIEF

Bakery loses appeal over refusal of gay-rights cake

A Belfast bakery on Monday lost its appeal of a ruling that it discriminated against a gay customer by refusing to bake a cake decorated with a message supporting same-sex marriage.

The judgment against Ashers Baking Co. found that the bakery was wrong to treat gay customers differently. The Ashers directors argued they could not put messages on their products at odds with their Christian beliefs.

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Belgium holds up Canada-EU deal

ECONOMY

European Union president, PM Trudeau hope for compromise

The European Union and Canada tried to remain upbeat Monday about the prospects for their trans-Atlantic free trade pact despite a small Belgian region persisting in its refusal to back the deal under the current conditions.

After the setback early Monday, EU President Donald Tusk and Canadian Prime Minister Justin Trudeau spoke by telephone and the EU leader said afterward "there's yet time" to find a compromise solution.

A joint summit for signing the long-delayed trade deal is scheduled for Thursday, offering the two leaders and Belgian officials little time to persuade the Wallonia region to drop its opposition.

Without all Belgian regions supporting the agreement, Belgium cannot sign and the EU needs unanimity from all of its 28 member states.

"We think Thursday's summit (is) still possible," Tusk said in a Twitter message. "We encourage all parties to find a solution."

Canada's International Trade Minister Chrystia Freeland says she, too, is still hopeful that a Canada-EU trade deal can be salvaged, but "the ball is in Europe's court."

"Canada's job is done," Freeland told a hastily assembled news conference in the foyer of Canada's House of Commons.

The expressed optimism that a deal could be secured within days came as a surprise since Wallonia had said it has too many concerns with the pact to overcome by Thursday.

The EU's inability to sign would be a major embarrassment and undermine the belief that the world's biggest trading bloc is a trustworthy partner as it seeks similar deals with nations like the United States and Japan.

The EU's executive Commission called for patience in an attempt to save the free trade deal and had already dismissed a Monday night deadline as counterproductive.

The EU Commission, which has negotiated the deal on behalf of the 28 nations, insisted that this week's summit was not the final deadline.

"Now, we need patience," EU Commission spokesman Margaritis Schinas said. "The Commission traditionally does not set deadlines or ultimatums."

Andre Antoine, the head of the Wallonia legislature, said on RTL network that "No, it will not be possible" to back the deal on Monday, arguing there were too many outstanding issues.

Even if Thursday's EU-Canada summit has to be called off, it could always be rescheduled when Wallonia has signed on to the agreement, Schinas indicated.

Politicians in Wallonia, which is smaller than the U.S. state of New Jersey, argue that the proposed CETA accord — short for Comprehensive Economic and Trade Agreement — would undermine labour, environment and consumer standards.

Proponents say it would yield billions in added trade through tariff cuts and other measures to lower barriers to commerce. At the same time, the EU says it will keep in place the region's strong safeguards on social, environmental and labour issues.

Magnette said a key hurdle was the issue of "private arbitration" in which multinationals can legally challenge governments on policies.

THE ASSOCIATED PRESS

WALLONIA

The region: Wallonia makes up 55 per cent of Belgium.

Why they oppose it: Wallonia's politicians say the trade agreement undermines labour, environment and consumer standards. A key hurdle is "private arbitration" where multinationals can legally challenge governments on policies.

ROBOTICS **CHINA SHOWCASES CANBOT AT TECH SHOWCASE** A Chinese boy shouts into the Canbot, a companion robot, displayed during the World Robot Conference in Beijing. China is showcasing its burgeoning robot industry as it seeks to promote use of more advanced technologies in Chinese factories and create high-end products. NG HAN GUAN/THE ASSOCIATED PRESS

VANCOUVER

Recycling initiative nets 48k coffee cups

Wanyee Li
Metro | Vancouver

Linda LePretre collected more than 400 paper coffee cups in just a few blocks in downtown Vancouver, earning her $20 after she dropped them off at the Binners' Project pop-up depot Monday morning.

Organizers of the third annual Coffee Cup Revolution aim to show governments that setting up a deposit-return program for paper coffee cups would keep them out of landfills and provide another source of income for Vancouver binners, who already collect cans and bottles. The Binners' Project pop-up depot collected 48,000 paper coffee cups — the most ever — this year.

Most paper coffee cups end up in the landfill but the Binners' Project will give the 48,000 paper coffee cups it received Monday to Regional Recycling.

For some binners, a refund-deposit program for coffee cups is the difference between dinner and a missed meal.

The Binners' Project fundraises throughout the year to provide enough money for the Coffee Cup Revolution event, where it gives people five cents for every coffee cup brought in. The organization's director wants to hold the event more often but can't because of insufficient funds.

IN BRIEF

Beverage industry must lower calories: Organization

A top economic research organization says Canada's beverage industry will have to do more than rely on recent trends to reach its target for reducing the calories people consume through soft drinks and similar products amid concerns over obesity rates. THE CANADIAN PRESS

Wal-Mart stops accepting Visa cards in Manitoba

The dispute between Wal-Mart Canada and Visa over merchant fees escalated Monday as the retail giant stopped accepting the credit card at its 16 stores in Manitoba. THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Tuesday, October 25, 2016

EMMA TEITEL ON THE VIRTUES OF BASICNESS

Because I myself am a little basic, and because I hail from an ultra-basic town, I am moved to defend the 'pumpkin entertainment complex.'

A few years ago when I was working at Maclean's Magazine, I wrote a column about the increasingly popular term "basic bitch," an epithet used to describe young women who embrace, with unapologetic zeal, anything and everything mainstream — from fashion and literature to music and beverages.

In the piece I argued that though many believe "basic bitch" is a strictly pejorative term, thousands of women (some of my own best friends, included) have chosen to reclaim it in a playful, self-deprecating way. For example, one Basic B might say to another: "OMG, I live-tweeted the Bachelor last night. How basic am I?"

BBs, as I like to call them — or us — vary from culture to culture, but the archetypal North American Basic Bitch is (despite the term's origin in hip hop) widely regarded as a well-to-do white girl who fancies Ugg boots, Taylor Swift, frozen yogurt, throw pillows embroidered with alliterative wisdom (live, laugh, love,) and the be-all-end-all of basicness: the PSL, a.k.a. the pumpkin-spice latte.

The PSL is Starbucks' most popular fall beverage: a hot, sweet sludge, originally launched in 2003, that skyrocketed to viral fame circa earlier this decade, when BBs began documenting themselves indulging in the autumnal drink on social media.

When I wrote my basic-bitch piece in 2014, I got a lot of flak for advocating that women reclaim what many believed to be a sexist and derogatory term. Little did I know, however, that just a few years later, it would that appear everyone under the sun — not just millennial white women named Caitlyn and Mackenzie — would be in a position to reclaim the term. Because it appears everyone under the sun is now following one of the core tenets of basicness: the love of all things pumpkin spice.

What the Pumpkin Spice Industrial Complex points to, more than just class or privilege, is nerdy excitement about changing seasons.

BASICALLY HARMLESS A fondness for pumpkin spice may be hard to defend on esthetic terms, but there has to be something redeeming about something so popular. CONTRIBUTED

Today "pumpkin spice" is literally everywhere: from Starbucks to school cafeterias, and bars to bathrooms (where you can find pumpkin spice soap and pumpkin spice martinis.) Last year Forbes estimated that the "pumpkin spice economy" was worth $500 million. In other words, we are all a little bit basic.

Or are we? According to a seemingly silly but fascinating study published last year called The Perilous Whiteness of Pumpkins, by researchers Lisa Jordan Powell and Elizabeth S.D. Engelhardt, from the University of British Columbia and the University of North Carolina, the pumpkin spice economy — a corporate cornucopia of pale orange bath bombs, baked goods, specialty beers and even hairspray — is indicative of white privilege and wealth.

"Even when we move away from ephemeral flavors of pumpkin and pumpkin spice," the researchers argue, "whiteness and cultural symbols cluster around visual images of pumpkins. Aspirational lifestyle magazines, social media pumpkins and reality television competitions come together in a veritable pumpkin entertainment complex, whose multiple manifestations continue the entanglements of pumpkins, social capital, race and place."

I find this idea profoundly interesting, and I understand where the researchers are coming from. I haven't seen many people who aren't well-heeled, white and female shell out seven bucks for a PSL at Starbucks.

But because I am myself, let's face it, a little basic, and because I hail from the ultra-basic town of Richmond Hill, Ont., I am moved to defend the "pumpkin entertainment complex."

Yes, I am aware that when we indulge in all things pumpkin spice and flaunt our pumpkin spice products online we are flaunting our status as members of an unthinking, capitalist cult.

But I am aware of something else, too, something arguably far more important than this. It's fall outside.

Look at the colours! Look at the leaves! The sweaters! The charming satchel bags!

It's impossible to be a cynic, in the end, about the Pumpkin Spice Industrial Complex, because what it points to, more than class or privilege, is a totally nerdy, innocent and almost childlike excitement about the changing of the seasons.

And that's the surprisingly neat thing about so-called "basicness." A love of all things mainstream can present itself as an ode to capitalism. But it can also present itself as a radical rejection of cool.

For example, almost every coffee shop in my Toronto neighbourhood, even the most hipster ones imaginable, have begun advertising homemade, pumpkin spice products. When I asked a barista recently why there were so many pumpkin-derived snacks on display in his store this week, he said, matter-of-factly, with a rare smile on his face, "It's just something nice to ring in the fall season, ya know?"

It's a cold world out there. There's no shame in warming up by a fire with a PSL and a good book. If you need a recommendation, I hear Nights in Rodanthe, by Nicholas Sparks, is fantastic.

Emma Teitel is a national columnist for the Toronto Star.

Why should we have to get used to 'job churn'?

INSIDE THE PERIMETER
Shannon VanRaes

I never intended to make welding a long-term career.

Still, after buying pricey steel-toed boots, Kevlar-lined gloves and taking safety training, I thought my illustrious stint in manufacturing brake components would last more than a few weeks.

How wrong I was.

Less than a month after agreeing to give a job-placement centre part of my wages for the honour of working in a hot, hazardous, non-unionized shop, I had a layoff slip in my hand.

Fast-forward to my time reporting for a certain daily tabloid in this city, where I was again laid off, this time a mere nine days before Christmas. I was never paid for my last day of work and received not a dime of severance. It then took more than a month and the threat of legal action to get my record of employment so I could finally apply for unemployment insurance and avoid destitution.

My next job was also cut short without severance and so the cycle began once again.

Knock-on-wood, but today things are fairly stable — at least for me. I only have to look to friends and family to find people in precarious employment, individuals working on contracts, as freelancers, part-timers or in seasonal endeavours.

Apparently that's A-OK with the federal finance minister.

Last week in Niagara Falls, Bill Morneau said that Canadians should get used to "job churn": moving from "job to job to job." No doubt Morneau is up on such employment trends, having resigned last year as the executive chair of Morneau Shepell, Canada's largest human resource company.

The company was founded by Morneau's father. The future finance minster came aboard the family business — which according to its website "helps clients reduce costs, increase employee productivity and improve their competitive position" — after attending a private school in Toronto, the London School of Economics and doing some time at Lloyd's of London.

I don't begrudge Morneau or his family their success. Who doesn't want a second home in the south of France? But let's be blunt here: Morneau has never experienced "job churn." He has not wondered if he'll able to pay for his children's post-secondary education or their lunches. He has not experienced the anguish and anxiety of not knowing if he will lose his home, get a second contract, receive benefits or be able to retire.

Job churn is not just an inconvenience and it's not about retraining because of shifts in technology. Job churn is about companies and employers shirking basic responsibilities to their workers to save a few bucks. It's about employers using contracts to avoid paying benefits and using turnover to keep wages from rising.

Job churn is about successive governments that favour business owners. It's about a weak regulatory environment that permits abuses.

Morneau telling Canadians to get used to job churn is like telling a drowning man to get used to water.

Canadians need someone who wants to find a way to keep them on dry land.

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Vegans with mouths to feed speak out

NUTRITION

Restrictive diets for kids can be safe, advocates say

Vegan mother Fulvia Serra holds her 1-year-old son, Sebastiano, at home in Fort Collins, Colo. **Serra, originally from Italy, and her husband, Scott, are raising their son vegan.** Despite criticism and innuendo from some circles, pediatricians and nutritionists agree it's perfectly healthy to feed babies a vegan diet. AP PHOTO/BRENNAN LINSLEY

There's a right way and a wrong way to raise a baby on vegan food. Those who get it wrong, parents say, give the responsible ones a bad name.

A Pennsylvania mother claiming to be vegan was charged this month with child endangerment for feeding her baby nothing but small amounts of nuts and berries. In Italy, after a number of vegan babies required hospitalization for malnourishment, a lawmaker this summer proposed a bill that would make it a crime to feed children under 16 a vegan diet.

Those cases are not about veganism at all, but are instead about neglect, say parents who are raising their children vegan. Pinning bad parenting on vegan diets, some say, unfairly stigmatizes those who have done their homework and are safely raising their babies without feeding them animal products like meat and dairy.

"They stress the elements of veganism in these stories, but it's not that these people aren't giving their children the right kind of food, it's that they aren't feeding them," said Fulvia Serra, of Fort Collins, Colorado. The native of southern Italy is raising her 1-year-old son vegan, and her 12-year-old daughter is vegetarian.

"To get a child to the point of starvation, it means you are ignoring him and his crying all the time," she said. "It's neglect."

The American Academy of Pediatrics' book Pediatric Nutrition devotes a chapter to vegetarian and vegan diets. It describes how, with sound nutrition and dietary planning, "it is possible to provide a balanced diet to vegetarians and vegans."

"For children in general you can have a safe vegan diet, but it has to be in consultation with a pediatrician or health care provider," said Dr. Sheela Magge, an endocrinologist at the Children's National Health System. "These are critical times in brain development, and it has to be done carefully."

The ideal first food for babies is breast milk, Magge said. Many vegan moms opt to breastfeed, but for those who can't or don't, the only other option is a soy-based formula.

Key nutrients for babies are Vitamin B-12 and Vitamin D, as well as iron, zinc and calcium, Magge said. Getting enough B-12, which comes from milk and eggs, is a specific concern in the vegan diet, since a shortage can lead to neurological problems.

As babies nurse less and start consuming more solid foods, parents need to make sure all the nutrients necessary for proper development are being provided.

A pediatrician can help guide parents and offer supplements if needed.

Parents raising vegan kids need to be armed with facts, like being able to rattle off which foods and supplements are providing adequate vitamin B-12 and protein and where their kids are getting calcium.

For those who would question the safety of raising vegan babies, her suggested response is: "The doctors say we are doing it right."

THE ASSOCIATED PRESS

> **"These are critical times in brain development, and (a vegan diet) has to be done carefully.**
> Dr. Sheela Magge, endocrinologist

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HEALTH AND WELLNESS

How to be a picture of good health

ISTOCK

Is work making you stressed? Maybe you're not getting the sleep and nutrition you need? From Nov. 7 to 13 celebrate Natural Health Product week by checking in with yourself. This Canada-wide celebration of the benefits natural health products is the perfect time to brush up on some health and happiness tips recommended by Michelle W. Book, in-house holistic nutritionist for the Canadian Health Food Association.

1. Get the most from your diet. Prepare balanced meals for your family that are rich in organic foods. Health Canada reports that the majority of Canadians consume excessive calories, salt, and sugar yet fail to meet their nutrient needs. In fact, many adults don't consume enough minerals like magnesium, calcium, and potassium. They also fail to get enough vitamin D and fibre from their diets. If you think you're deficient in one or more of these areas, talk to your healthcare practitioner about natural supplementation to achieve the nutritional balance your body needs. It may be as simple as adding a multi-vitamin to your regimen to fill in any gaps.

2. Keep the bugs at bay. Flu season is upon us and one thing is certain — you're neither healthy nor happy when you're sick. Not only that, but being sick can lead to lethargy, anxiety, and even depression. To get the boost you need to stay healthy during the worst of the season, make sure you're getting a regular dose of probiotics that will help keep your immune system ready to tackle invading bugs. In case something does slip past your best defenses, zinc is a great way to help reduce the length and severity of a cold or flu.

3. Hit the sack. A good night's rest will help your body recover from the gym, boost the immune system, balance your mood, and improve your work performance. If you have trouble falling asleep, you may want to try magnesium which helps the brain settle down at night. Other options include melatonin, which helps regulate sleep patterns, or valerian, a root that's been used medicinally for thousands of years to reduce the amount of time it takes to fall asleep.

– News Canada

Walk-in tub makes accessible living easy

CONTRIBUTED

For some, a routine shower might end up in bumps, bruises or even worse; a hospital trip — and that's because 80 per cent of slips and falls happen in the bathroom.

But that number can be drastically reduced with Total Tub, a Manitoba-based company providing accessible living while specializing in the distribution and installation of bathroom safety and accessibility products, according to Total Tub owner Brent Poole.

"We supply bathroom products that allow for independent living for those with mobility issues and those products include benches, grab bars, railings, and the QuickTub shower conversion," he explains. "Not only are we proud to carry and distribute our quality line of accessibility products, we are also licensed and authorized installers."

The most important thing to remember with Total Tub is that they are the only company in the industry that is completely code compliant, meaning you don't need to worry about getting approval from your apartment or condo.

The least expensive, least disruptive and quickest way to convert an existing bathtub into an accessible step-in shower with the ability to return to a secure and fully functional bathtub within seconds is with the QuickTub Walk in Tub Conversion.

"Unlike specialty walk-in showers that can cost upwards of $5,000, a QuickTub conversion can cost less than $2,000 and can be done in just a few hours. Just about anyone can benefit including families and seniors," Poole adds.

For more information, visit totaltub.com or call 204-477-4459.

The straight goods – align your teeth without braces

Imagine straight teeth, without the metal and brackets from braces.

With Invisalign®, it's a possibility! Shine Dental is proud to offer this service to their patients in Winnipeg and rural Manitoba, according to Shine Dental owner and dentist Dr. Brent Wong.

"Invisalign is possibly the best way to straighten your teeth without having to live with the 'metal mouth' look of traditional braces," Wong explains. "That's because Invisalign is a series of clear, removable, plastic aligners that are custom-made for your teeth."

Invisalign takes a modern approach to straightening teeth, using a custom-made series of aligners created for you and only you.

"These aligner trays are made of smooth, comfortable and virtually invisible plastic that you simply wear over your teeth. Wearing the aligners will gradually and gently shift your teeth into place, based on the exact movements we plan out for you."

There are no metal brackets to attach and no wires to tighten.

CONTRIBUTED

"With our special protocols, you can now switch to new aligners every 7 days! That's super fast and super safe! The best part about the whole process is that most people won't even know you're straightening your teeth," Wong adds.

One of Dr. Wong's patients, who is a real estate agent, says Invisalign doesn't interfere with her busy lifestyle. In fact, she feels comfortable meeting face to face with her clients each day.

Dr. Wong says that's just one of the many benefits his patients experience when using Invisalign.

"Our patients who use this, as opposed to braces, can eat the foods they want, remove the device when they want and it allows them to floss and brush their teeth regularly. Also, patients who use this will have more free time because they only have to visit the dentist office every four to six weeks, with most cases taking less than 6 months to complete!"

Patients are encouraged to visit shinedental.ca for more information.

CONTRIBUTED

Shine team wants to give you best dental experience possible

When Dr. Brent was a child, he hated going to a dental office that was cold, dark and impersonal. Now that he has established Shine Dental in 2 locations, he aims to make trips to the dentist calming, enjoyable and maybe even fun!

In fact, most of Shine Dental's patients choose them because they are so different, says owner and dentist Dr. Brent.

"At Shine Dental, we love our patients. Our main goal is to spend time with our patients and get to know them and their story. And if patients are supposed to choose the best option for their situation, they need to have all of their options thoroughly explained in detail so that they can choose for themselves," he explains.

That's why it's important to Shine Dental to offer its "Our Smile Guarantee" to each and every patient.

"At Shine Dental, we believe that together we can achieve the smile you have always wanted. As a result, we offer all patients a limited dental warranty for the investment they have made in preserving their oral health. We're confident in our workmanship, and all of our dentists will stand by the work that we provide."

Shine Dental's entire team believes it's necessary to compassionately give back to the community and communities abroad. In 2005, Dr. Wong and his wife Wendy started, Shine the Light Initiative, which brings dental, medical and home building aid to impoverished communities. Since then, they have completed more than 30 mission trips around the world.

"I've come to realize that the most important things in life aren't things and I believe that time, compassion and understanding should be the basis of all human interactions. That's how we treat our patients back at home, too."

Shine Dental has two locations to choose from, with one office located on Provencher Boulevard and the downtown office 20 stories in the air, overlooking the corner of Portage and Main.

5 things patients should know

There are so many reasons to choose Shine Dental but there are five in particular that Dr. Brent Wong wants potential patients to know.

1. *"We won't lecture you if you haven't been to the dentist in a while."*

2. *"We love the dental phobic."*

3. *"We have an onsite CT scanner that has 10x less radiation than medical grade CT Scanners, which means we place dental implants quicker, safer and easier."*

4. *"We have a CEREC machine that allows us to complete crowns in one visit and without any goopy impressions."*

5. *"We have four highly trained dentists, in two locations to serve you."*

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CONSUMER CHOICE AWARD 2016 WINNIPEG

Despite a social media push for Charlie Sheen to throw out the first pitch, Kenny Lofton and Carlos Baerga were chosen for Games 1 and 2

Buoyant Bombers daring to dream big

BOMBERS THIS WEEK

Ed Tait

It was after a few days of civic high-fives and hearty back-slaps — while watching crews tear down all the Heritage Classic decorations and return Investors Group Field into a football stadium again — when yours truly was struck by a couple of thoughts.

First, a tip of the chapeau to the Winnipeg Jets and the NHL for what was universally praised as a wonderful few days celebrating the pro hockey heritage in this city and for helping make our burg and our stadium look so good.

And, second, now that the ice has been returned to the green grass the Winnipeg Blue Bombers call home, isn't it refreshing after four years of negativity to be talking about this town's football team in a positive vein again? A Bomber win over the Ottawa Redblacks at IGF this weekend, coupled with a loss by the B.C. Lions in Regina Saturday night, means there will be playoff football in this town on Nov. 13.

Even if those stars don't align right, the Bombers could still win out — they have the Redblacks in back-to-back weeks — and secure a home playoff game. Now, honestly, who would have seen this coming, save for a few in the Bombers clubhouse, when this crew stumbled to a 1-4 start?

Winnipeg Blue Bombers pivot Matt Nichols has helped his team go 9-2 in the last 11 games and earn a playoff berth. JOHN WOODS/THE CANADIAN PRESS

Here's the other thing that makes all this such a welcome change: save for that 'Swaggerville' blip in 2011, the Bombers began this season absent from the Grey Cup derby in seven of the last eight years.

As a result, at this time of year football fans in these parts were either wondering which combination of minor miracles or acts of God were necessary to keep their post-season dreams alive — or conducting another autopsy on the Bombers franchise while the pulse grew faint.

Inevitably, fingers were always pointing at the same things like the lack of Canadian talent, the revolving door at the quarterback position or the forever changing parts on the offensive line.

Make no mistake, these 2016 Bombers aren't without their flaws. But they are also 9-2 in their last 11 — all with Matt Nichols taking the first snap from centre — have significantly upgraded their Canadian talent with 13 players from the last three drafts augmenting the free-agent additions of Andrew Harris, Jamaal Westerman and Keith Shologan, while the offensive line has allowed the third-fewest sacks against.

We know what some cynics are chiming in with right now: yeah, but all roads to the Grey Cup go through Calgary this year, where the Stampeders are a frighteningly dominant 15-1-1. Good point. But that road could begin here in Winnipeg in a couple of weeks with the West Division semifinal. At the very least, the Bombers have a horse in this race again.

Ed Tait is the Blue Bombers Director of Content. His columns appear weekly in Metro. Follow him daily on Twitter (@EdTaitWFC) and bluebombers.com.

WORLD SERIES

Game's lovable losers aim to end droughts

The last time the Cleveland Indians won the World Series, Dewey led Truman in the polls. The Chicago Cubs' last title was 13 days after the first Ford Model T car was completed.

Lovable losers known for decades of defeat meet in this year's championship, a combined 174 seasons of futility facing off starting Tuesday night at Progressive Field.

Cleveland's last title was in 1948, when 16 teams from the East Coast to St. Louis competed in a just-integrated sport. The Cubs are trying to win for the first time since 1908, a dead ball-era match-up at a time home runs were rarities along with telephones.

No player is alive from the last championship Cubs or even the last to make a Series appearance — Tuesday marks the 25,948th day since the Cubs' Game 7 loss to Detroit in 1945. One player remains from the 1948 Indians, 95-year-old Eddie Robinson.

> **It seems like it's just forever.**
> Eddie Robinson, 95, from Cleveland's 1948 World Series-winning team.

"It seems like it's just forever," Robinson said Monday from his home in Fort Worth, Texas. "When we got home from Boston, there was a monumental parade. It just looked like everybody in Cleveland came out on Euclid Avenue."

One team's fans will let loose with the celebration of a lifetime. But while history weighs on the supporters, Cubs manager Joe Maddon focuses his players with a now-centred battle cry of "Win the Inning!" THE ASSOCIATED PRESS

IN BRIEF

Injured Bears' QB Cutler to return for Vikings test

Bears quarterback Jay Cutler will return from a thumb injury to play against the Minnesota Vikings on Oct. 31.

Cutler has been out since he suffered a thumb sprain in a Sept. 19 loss to the Philadelphia Eagles. Coach John Fox said Monday that Cutler has been cleared to play in the game next Monday night.

THE ASSOCIATED PRESS

Oilers' Talbot is first star

Edmonton goalie Cam Talbot was named National Hockey League first star of the week Monday after leading the Oilers to three wins last week.

Talbot had a shutout, a goals-against average of 1.00 and a save percentage of .970 over the stretch.

He made 31 saves in a 3-2 victory over the Carolina Hurricanes last Tuesday and stopped 34 shots in a 3-1 triumph over the St. Louis Blues two days later. THE CANADIAN PRESS

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Winnipeg metro

RECIPE Spicy Carrot Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Soup season is now in full swing and you'll want this simple, flavourful bowl of goodness in your roster.

Ready in 40 minutes
Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

Ingredients
- 2 Tbsp of olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1/2 inch of fresh ginger, minced
- 1 tsp chili
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 3 or 4 carrots, peeled and chopped (enough for about 3 cups)
- 3 cups low sodium vegetable or chicken stock
- Juice of half a lemon (about 2 or 3 Tbsp)
- Plain yogurt to garnish

Directions

1. Warm a glug or two of olive oil in a large pot or Dutch oven over medium heat.

2. Sauté onions, garlic and ginger for about 2 minutes. Stir in spices and cook for another minute or so. Add carrots and stir well until they are coated lightly in oil and spice. Add stock and increase the heat until it boils. Reduce and allow to simmer for about 20 minutes or until carrots are quite tender.

3. Purée in small batches until the soup is quite smooth. You may need to add a little water or stock to thin it if it's too thick. Stir in lemon juice. Taste and check seasoning.

4. Serve garnished with yogurt.

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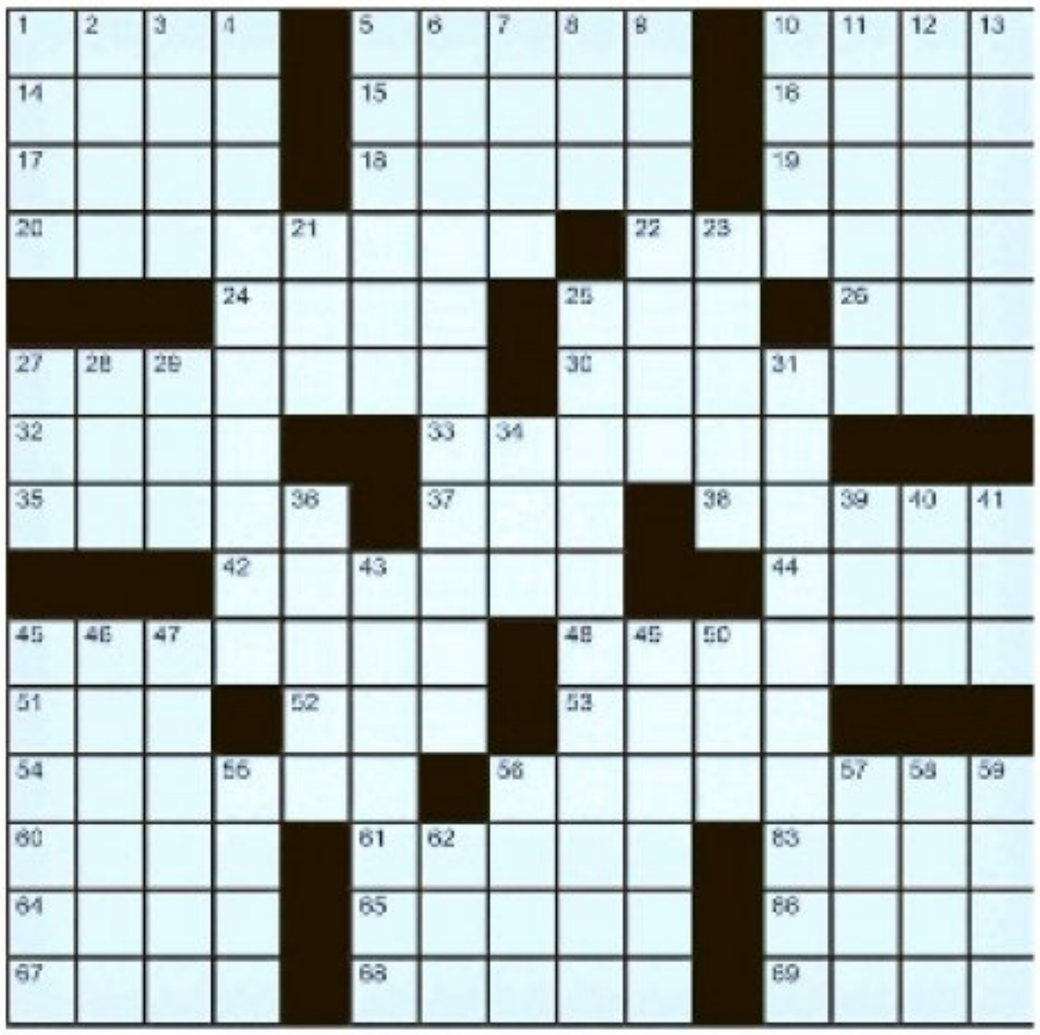
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Radio __"
by Queen
5. Horde
10. Mouse-murdering machine, maybe
14. Solemnly affirm
15. Hot chocolate
16. Blue Rodeo tune
17. Branch
18. Ant, archaically
19. Neither Liberals nor Conservatives, for short
20. Recipient, in law
22. Bring in goods from beyond
24. Classic jukebox hit: "__ Angel"
25. Tissue's thickness
26. Bitty
27. __ of Ireland aka 'Canada's Titanic' (Ocean liner which sank in the St. Lawrence in 1914)
30. Glands that pump one up when one is pumped up
32. Earth goddess in ancient Greek mythology
33. Made up of two
35. "You __ Be" by Des'ree
37. Semi
38. Ships' steerers
42. Get
44. Telegram
45. __-__ luggage
48. Most yucky
51. Colour characteristic
52. Downcast
53. Origin
54. Dwell
56. First-__, as on a sports team
60. Military air assault
61. Get ready to golf: 2 wds.
63. Roof's overhang
64. Old Icelandic literary work
65. Makes straighter
66. Tread
67. Come across as
68. Scope
69. Parliament Hill VIPs

DOWN
1. Big swanky event
2. Hertz rival
3. Jeweller's jewels
4. Dispute's decision decider
5. Backdrops
6. Canadian Clothing... MiiK, for one: 2 wds.
7. Pinnacle
8. 1962: "Sheila" singer Tommy
9. Oz folk tune: "Waltzing __"
10. Jaunt
11. Fame
12. Mr. Bocelli of song
13. Pale paint in a painting
21. "You don't say!"
23. Frankincense and __
25. Nunavut tourist destination called 'Switzerland of the Arctic' because of its beautiful landscape
27. Something scrambled
28. __ jacket
29. Plum toss away
31. Testifying bystander
34. Twelve-divided-by-four's fancy answer
36. One is seemingly bottomless
39. Fish story
40. Married title
41. Place down
43. Breakfast appliance
45. Household tasks
46. Song of dawn
47. Inhabit a habitation
49. Murder mystery's main 'man', maybe
50. Ornamental carp
55. Dutch cheese
56. Visible
57. Fence's door
58. All square
59. Barbell-user's units, commonly
62. Supermodel Ms. Herzigova

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might develop a crush on someone who is different, exotic or from another culture or a different country. Be careful, because this very likely is an unstable situation.

Taurus April 21 - May 21
Despite your good intentions of helping someone else today, be careful. You have to be realistic and consider your own needs as well. There is such a thing as "idiot compassion."

Gemini May 22 - June 21
Don't expect too much from a friend or partner today. If you do, you likely will be disappointed. Remember: Unexpressed expectations almost always lead to disappointment.

Cancer June 22 - July 23
Co-workers might be supportive today; nevertheless, their assistance might hinder you more than it helps you. Use caution!

Leo July 24 - Aug. 23
Romantic relationships are unstable today. Some might end and others might begin, but they're really just a pipe dream. (It's sad but true.)

Virgo Aug. 24 - Sept. 23
You might go overboard with your ideas about redecorating today. To be safe, wait a day or two to see if you still want to go ahead with your plans.

Libra Sept. 24 - Oct. 23
You might spend a lot of time today daydreaming or lost in fantasies. This makes it hard to concentrate and focus. Oh well — we all need a mental-health day every now and then

Scorpio Oct. 24 - Nov. 22
This is a poor day to make important financial decisions, because your mind is a bit fuzzy and full of wishful thinking. Be careful, and remain realistic.

Sagittarius Nov. 23 - Dec. 21
Relations with others are a bit unstable today. Instead of dealing with what is, you are more inclined to deal with how you wish things would be. Keep your feet on the ground.

Capricorn Dec. 22 - Jan. 20
Something going on behind the scenes might confuse you today. In fact, this confusion could create problems in a relationship.

Aquarius Jan. 21 - Feb. 19
Don't expect too much from others today, especially a friend or a member of a group. Many people are full of unrealistic demands today, which only leads to problems.

Pisces
Feb. 20 - March 20
Be realistic when it comes to your relationships with authority figures today, even though you might feel great admiration for someone. You might even have a crush.

CONCEPTIS SUDOKU by Dave Green

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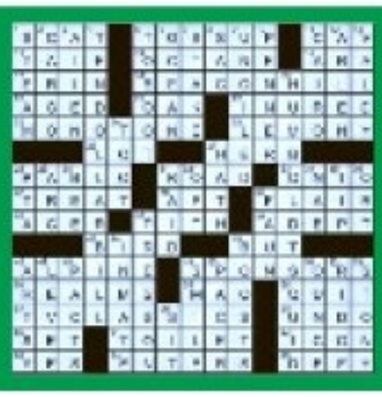

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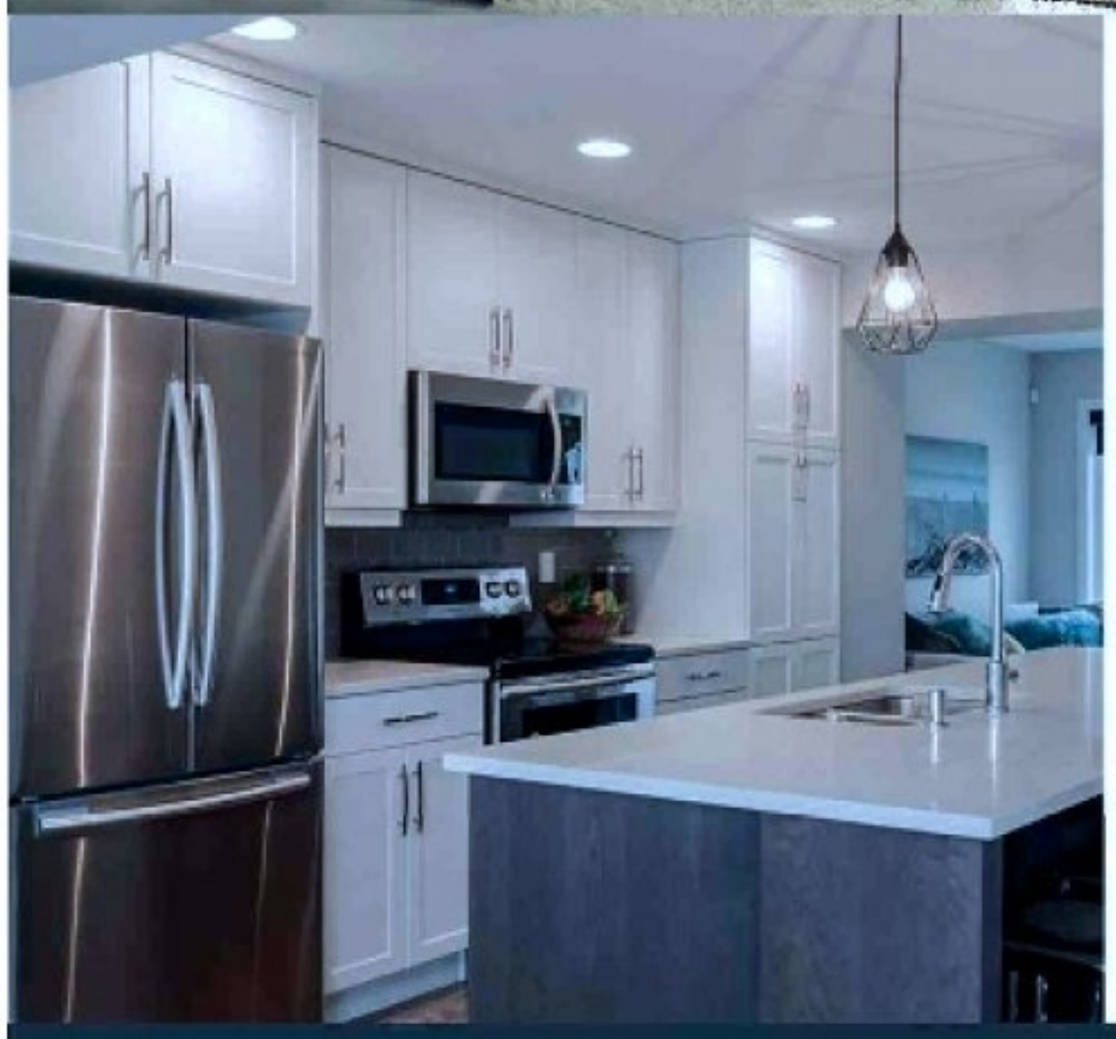

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